

The " Blokes Book", an information resource for men being developed by  
Blacktown City Council.

Alternatives to Violence Project (NSW)

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- Two and ½ day experiential workshops for men and women building skills for self-esteem, assertiveness, communication, conflict transformation and building nonviolent relationships and community.
- Violence can cause harm to oneself, to others and to relationships. Violence can be physical, verbal, or emotional, as well as milder forms such as put-downs, exclusion, and stereotyping.
- When we find ourselves in a conflict situation, there are many alternative responses other than violence, and we have choices.
- Develop awareness and empathy and explore strategies to find your own creative nonviolent responses to your own experiences of conflict and violence.